

Rankingløp 14 20121

Dato/sted: 17. oktober 2021 - Hølet
Kart: Maridalsalpene
Arr: IL GeoForm v/Harald Østgaard Lund og Jon Lahlum
Antall: Totalt: 71 (GeoForm: 13, OSI: 2, DNV/ESSO: 2, Andre: 54)
Løpsrapport: Alder: 21-: 69, 17-20: 0, 13-16: 2, 0-12: 0
Startkont: kr. 50: 52 kr. 30: 19 kr. 0: 0
Betalt: kr. 50: 52 kr. 30: 17 kr. 0: 2
Leiebrikker: 4 stk

Resultater: [Lang\(19\)](#) | [Mellom\(37\)](#) | [Kort\(15\)](#) | [Grafisk](#)
Strekktider: [Lang\(19\)](#) | [Mellom\(37\)](#) | [Kort\(15\)](#)

Resultater Lang (5.8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Langmyren, Ole Kjell	Lillomarka OL	1:09:39 + 00:00	151.75
2	Prydz, Espen Beer	Heming Orientering	1:12:21 + 02:42	150.85
3	Schlaupitz, Holger	IL GeoForm	1:13:39 + 04:00	150.42
4	Olausson, Mikael	OSI	1:18:26 + 08:47	148.82
5	Wettergreen, Morten	Fossum IF	1:20:25 + 10:46	148.16
6	Nesland, Kristoffer	IL Tyrving	1:20:45 + 11:06	148.05
7	Bjerknes, Audun	Måren OK	1:21:54 + 12:15	147.66
8	Langaas, Sindre	Nydalens SK	1:23:59 + 14:20	146.97
9	Egge, Guttorm	IL GeoForm	1:28:52 + 19:13	145.34
10	Kippernes, Frank Åge	IL GeoForm	1:47:18 + 37:39	139.19
11	Farkas, Lorant	Østmarka OK	1:50:09 + 40:30	138.23
12	Grinde, Bjørn	IL GeoForm	1:52:32 + 42:53	137.44
13	Utskarpen, Audrun	IL GeoForm	1:52:57 + 43:18	137.30
14	Dahlsrud, Per Ole	Nydalens SK	1:53:50 + 44:11	137.00
15	Fagerhaug, Are	IL GeoForm	1:57:04 + 47:25	135.93
16	Hjemsæter, Olav	Privat	2:44:54 +1:35:15	119.96
DSQ	Hjemsæter, Geir Ove	Østmarka OK	2:33:11 (-1 poster)	97.37
DSQ	Onstad, Lars	OSI	2:00:28 (-4 poster)	89.47
DSQ	Onsager, Knut	IL GeoForm	1:45:37 (-14 poster)	63.16

Resultater Mellom (3.9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Wiklund, Ottar	Nydalens SK	0:54:44 + 00:00	135.92
2	Wiklund, Eira Skaarer	Nydalens SK	0:56:49 + 02:05	135.28
3	Henriksen, Jan Tore	Norges Bank BIL	0:57:40 + 02:56	135.03
4	Kristiansen, Roy	Roykri travel	0:59:32 + 04:48	134.46
5	Helland, Knut Edvard	Østmarka OK	1:00:02 + 05:18	134.31
6	Østgren, Bjørn Mo	IL GeoForm	1:00:29 + 05:45	134.17
7	Takvam, Arnt Ove	Fossum IF	1:07:05 + 12:21	132.17
8	Fismen, Britta	Fossum IF	1:09:04 + 14:20	131.57
9	Stenerud, Helge	OL Tønsberg og omegn	1:12:38 + 17:54	130.49
10	Goa, Kristin	IL GeoForm	1:14:31 + 19:47	129.92
11	Madsen, Claus	Nydalen SK	1:15:37 + 20:53	129.59
12	Benestad, Lars	IK Grane Arendal Orientering	1:16:42 + 21:58	129.26
13	Bøe, Johanne Rognerud	Fossum IF	1:17:43 + 22:59	128.95

14	Øhlckers, Milda	Tyrving IL	1:19:04 + 24:20	128.54
15	Ringstad, Tor	Hedrum OL	1:19:39 + 24:55	128.37
16	Iwe, Harald	IL GeoForm	1:19:41 + 24:57	128.36
17	Johansen, Frode	Equinor BIL	1:20:06 + 25:22	128.23
18	Barstad, Andreas	Årvoll IL	1:21:17 + 26:33	127.87
19	Hultgreen, Wenche	IL Tyrving	1:23:27 + 28:43	127.22
20	Brodin, Nils Jørgen	Byggmesterforbundet	1:26:24 + 31:40	126.32
21	Berstad, Ella	Heming Orientering	1:27:00 + 32:16	126.14
22	Sigurdson, Roar	Ringnes BIL	1:30:20 + 35:36	125.13
23	Longva, Tore	VBIL	1:32:38 + 37:54	124.43
24	Karlsen, Stig Hultgreen	IL GeoForm	1:34:25 + 39:41	123.89
25	Sauar, Brita Opheim	Statoil Oslo BIL	1:37:01 + 42:17	123.10
26	Skyttersæter, Toini	Konnerud IL	1:44:01 + 49:17	120.98
27	Skyttersæter, Gøril	Konnerud IF	1:44:06 + 49:22	120.96
28	Skyttersæter, Runa	Heming Orientering	1:44:15 + 49:31	120.91
29	Szlendak, Joanna	Papo	1:44:32 + 49:48	120.83
30	Tho, Kjersti	Stabæk IF	1:46:45 + 52:01	120.16
31	Hjelm, Morten	VBIL	1:49:44 + 55:00	119.25
32	Øhlckers, Per	Tyrving IL	1:50:32 + 55:48	119.01
33	Berstad, Paula	Heming Orientering	1:53:14 + 58:30	118.19
34	Bratsberg, Bo	Privat	2:03:00 +1:08:16	115.23
35	Broadwell, Sharon	IL GeoForm	2:03:14 +1:08:30	115.16
DSQ	Grønseth, Hildegunn	Fossum IF	3:08:36 (-9 poster)	65.38
DSQ	Haug, Elisabeth	Statnett BIL	3:08:50 (-9 poster)	65.38

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:23:42 + 00:00	122.56
2	Arnesen, Per Arne	Nordre Follo Orientering	0:32:42 + 09:00	119.74
3	Flemming, Øystein	Årvoll IL	0:33:46 + 10:04	119.40
4	Mestad, Ivar	Røyken OL	0:34:12 + 10:30	119.27
5	Myhre, Stein	Bærums Skiklub	0:34:56 + 11:14	119.04
6	Breming, Maja	Odense	0:35:10 + 11:28	118.96
7	Ursin, Nora	Bærum kommune	0:49:09 + 25:27	114.57
8	Sundelin Rørvik, Gisela	Heming Orientering	0:50:01 + 26:19	114.30
9	Huseth, Egil	Kamp/Vestheim IF	0:53:49 + 30:07	113.11
10	Madsen, Øystein	Haugerud IF	1:07:52 + 44:10	108.70
11	Kongsberg, Maria	Tyrving IL	1:10:31 + 46:49	107.87
12	Kongsberg, Andrea	Tyrving IL	1:10:35 + 46:53	107.85
	Fidje, Øyvind	Privat	FULLFØRT	100.00
DSQ	Thronsen, Terje	Nittedal OL	0:50:17 (-2 poster)	88.89
DSQ	Henriksen, Tor	Årvoll IL	1:03:25 (-9 poster)	50.00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Langmyren, Ole Kjell	Lillomarka OL	1:09:39 + 00:00	151.75
	01:57-1 05:26-1 16:06-1	24:14-1 28:20-1 30:56-1	37:04-1 44:19-1 49:29-1	50:39-1 51:45-1 54:32-1 55:55-1 57:23-1 59:49-1 61:44-1 63:20-1 65:25-1 68:55-1 69:39-1
	01:57-1 03:29-1 10:40-1	08:08-7 04:06-3 02:36-6	06:08-2 07:15-1 05:10-6	01:10-4 01:06-3 02:47-2 01:23-7 01:28-2 02:26-9 01:55-5 01:36-5 02:05-1 03:30-3 00:44-5
	00:00= 00:00= 00:00=	01:08# 00:24# 00:37&	00:16+ 00:00= 00:31#	00:09# 00:10# 00:29# 00:22& 00:14# 00:25# 00:19# 00:19# 00:00= 00:31# 00:04#
2	Prydz, Espen Beer	Heming Orientering	1:12:21 + 02:42	150.85
	02:08-4 05:53-4 19:03-6	26:47-4 30:29-3 32:28-3	38:45-3 46:54-3 53:34-3	55:08-3 56:15-3 58:33-3 59:34-3 60:48-3 62:49-3 64:27-3 65:58-3 68:41-3 71:40-2 72:21-2
	02:08-4 03:45-5 13:10-7	07:44-6 03:42-1 01:59-1	06:17-4 08:09-3 06:40-8	01:34-12 01:07-4 02:18-1 01:01-1 01:14-1 02:01-1 01:38-2 01:31-3 02:43-7 02:59-1 00:41-2

00:11+	00:16+	02:30#	00:44#	00:00=	00:00=	00:25+	00:54#	02:01&	00:33&	00:11#	00:00=	00:00=	00:00=	00:00=	00:02+	00:14#	00:38&	00:00=	00:01+
3	Schlaupitz, Holger			IL GeoForm			1:13:39 +	04:00	150.42										
02:06-3	05:35-2	17:13-3	24:44-2	28:54-2	31:28-2	37:50-2	45:13-2	49:52-2	51:14-2	52:10-2	55:50-2	57:10-2	58:51-2	60:54-2	63:18-2	64:56-2	67:24-2	72:48-3	73:39-3
02:06-3	03:29-1	11:38-3	07:31-2	04:10-4	02:34-5	06:22-5	07:23-2	04:39-1	01:22-5	00:56-1	03:40-11	01:20-4	01:41-5	02:03-2	02:24-11	01:38-6	02:28-4	05:24-10	00:51-9
00:09+	00:00=	00:58+	00:31+	00:28#	00:35&	00:30+	00:08+	00:00=	00:21&	00:00=	01:22&	00:19&	00:27&	00:02+	00:48&	00:21&	00:23#	02:25&	00:11&
4	Olausson, Mikael			OSI			1:18:26 +	08:47	148.82										
02:00-2	06:06-7	16:59-2	29:36-7	33:50-6	37:11-6	43:03-5	53:26-7	58:09-5	59:10-4	60:26-4	63:16-4	64:33-4	66:16-4	68:27-4	70:22-4	71:57-4	74:17-4	77:46-4	78:26-4
02:00-2	04:06-10	10:53-2	12:37-17	04:14-5	03:21-15	05:52-1	10:23-8	04:43-3	01:01-1	01:16-9	02:50-3	01:17-2	01:43-7	02:11-3	01:55-5	01:35-4	02:20-2	03:29-2	00:40-1
00:03+	00:37#	00:13+	05:37&	00:32#	01:22&	00:00=	03:08&	00:04+	00:20&	00:32#	00:16&	00:29&	00:10+	00:19#	00:18#	00:15#	00:30#	00:00=	
5	Wettergreen, Morten			Fossum IF			1:20:25 +	10:46	148.16										
02:12-6	06:20-8	24:52-12	31:52-10	37:02-11	39:11-10	45:39-9	54:55-8	59:37-8	60:42-8	61:42-8	64:34-8	66:12-7	68:12-8	70:29-8	72:05-7	73:35-7	76:01-5	79:44-5	80:25-5
02:12-6	04:08-11	18:32-14	07:00-1	05:10-9	02:09-3	06:28-6	09:16-6	04:42-2	01:05-2	01:00-2	02:52-4	01:38-9	02:00-10	02:17-5	01:36-1	01:30-2	02:26-3	03:43-5	00:41-2
00:15#	00:39#	07:52&	00:00=	01:28&	00:10+	00:36#	02:01&	00:03+	00:04+	00:34#	00:37&	00:46&	00:16#	00:00=	00:13#	00:21#	00:44#	00:01+	
6	Nesland, Kristoffer			IL Tyrving			1:20:45 +	11:06	148.05										
02:08-5	06:04-6	24:43-11	32:17-11	36:21-9	38:24-8	44:35-7	53:09-5	58:15-6	59:38-7	60:52-7	64:03-7	66:16-8	67:51-7	70:03-7	71:45-6	73:24-6	76:04-6	80:04-6	80:45-6
02:08-4	03:56-6	18:39-15	07:34-3	04:04-2	02:03-2	06:11-3	08:34-4	05:06-5	01:23-7	01:14-8	03:11-7	02:13-16	01:35-3	02:12-4	01:42-3	01:39-7	02:40-6	04:00-7	00:41-2
00:11+	00:27#	07:59&	00:34+	00:22+	00:04+	00:19+	01:19#	00:27+	00:22&	00:18&	00:53&	01:12@	00:21&	00:11+	00:06+	00:22&	00:35&	01:01&	00:01+
7	Bjerknes, Audun			Måren OK			1:21:54 +	12:15	147.66										
02:23-7	05:59-5	18:22-4	26:04-3	31:06-4	34:01-4	41:11-4	53:20-6	58:18-7	59:27-5	60:35-5	64:00-6	65:19-6	67:01-6	69:26-6	72:25-8	74:08-8	77:24-8	81:08-7	81:54-7
02:23-7	03:36-4	12:23-5	07:42-5	05:02-8	02:55-10	07:10-8	12:09-12	04:58-4	01:09-3	01:08-5	03:25-8	01:19-3	01:42-6	02:25-8	02:59-15	01:43-8	03:16-10	03:44-6	00:46-7
00:26#	00:07+	01:43#	00:42#	01:20&	00:56&	01:18#	03:54&	00:19+	00:08#	00:12#	01:07&	00:18&	00:28&	00:24#	01:23&	00:26&	01:11&	00:45&	00:06#
8	Langaas, Sindre			Nydalens SK			1:23:59 +	14:20	146.97										
02:23-8	05:52-3	19:02-5	28:14-5	33:15-5	36:06-5	43:06-6	52:06-4	58:05-4	59:34-6	60:45-6	63:50-5	65:11-5	66:50-5	69:13-5	71:07-5	73:03-5	76:36-7	83:03-8	83:59-8
02:23-7	03:29-1	13:10-7	09:12-9	05:01-7	02:51-8	07:00-7	09:00-5	05:59-7	01:29-8	01:11-7	03:05-5	01:21-5	01:39-4	02:23-7	01:54-4	01:56-10	03:33-13	06:27-13	00:56-11
00:26#	00:29#	02:30#	02:12&	01:19&	00:52&	01:08#	01:45#	03:42&	00:28&	00:15&	00:47&	00:20&	01:25&	00:22#	01:18#	00:39&	01:28&	03:28@	00:16&
9	Eqge, Guttorm			IL GeoForm			1:28:52 +	19:13	145.34										
02:56-11	07:01-11	19:14-7	28:33-6	35:34-7	37:53-7	45:24-8	55:31-9	63:52-9	66:14-9	67:53-9	71:01-9	72:23-9	74:10-9	76:29-9	78:24-9	80:21-9	82:59-9	88:02-9	88:52-9
02:56-11	04:05-9	12:13-4	09:19-11	07:01-16	02:19-4	07:31-9	10:07-7	08:21-13	02:22-16	01:39-17	03:08-6	01:22-6	01:47-8	02:19-6	01:55-5	01:57-11	02:38-5	05:03-9	00:50-8
00:59&	00:36#	01:33#	02:19&	03:19&	00:20#	01:39&	02:52&	03:42&	01:21@	00:43&	00:50&	00:21&	03:33&	00:18#	00:19#	00:40&	00:33&	02:04&	00:10&
10	Kippernes, Frank Åge			IL GeoForm			1:47:18 +	37:39	139.19										
04:20-19	08:21-15	21:39-10	30:55-9	35:54-8	39:38-11	49:53-11	60:29-10	76:04-12	77:35-12	78:57-12	82:34-11	84:22-11	87:13-11	89:55-11	92:03-10	93:51-10	97:07-10	106:18-10	107:18-11
04:20-19	04:01-7	13:18-9	09:16-10	04:59-6	03:44-18	10:15-15	10:36-9	15:35-18	01:31-9	01:22-14	03:37-10	01:48-11	02:51-15	02:42-10	02:08-8	01:48-9	03:16-10	09:11-17	01:00-12
02:23@	00:32#	02:38#	02:16&	01:17&	01:45&	04:23&	03:21&	10:56@	00:30&	00:26&	01:19&	00:47&	01:37@	00:41&	00:32&	00:31&	01:11&	06:12@	00:20&
11	Farkas, Lorant			Østmarka OK			1:50:09 +	40:30	138.23										
03:08-13	07:25-13	19:50-8	30:03-8	36:23-10	39:06-9	48:50-10	64:44-11	72:49-10	74:11-10	75:19-10	86:31-12	88:31-12	90:44-12	95:04-13	97:12-12	102:27-11	109:05-11	110:09-12	
03:08-13	04:17-13	12:25-6	10:13-12	06:20-12	02:43-7	09:44-14	15:54-15	08:05-12	01:22-5	11:12-17	02:00-13	02:13-11	04:20-18	02:08-8	02:04-12	03:11-8	06:38-14	01:04-15	
01:11&	00:48#	01:45#	03:13&	02:38&	00:44&	03:52&	08:39@	03:26&	00:21&	00:12#	08:54@	00:59&	02:19@	00:32&	00:47&	01:06&	03:39@	00:24&	
12	Grinde, Bjørn			IL GeoForm			1:52:32 +	42:53	137.44										
02:40-9	06:41-9	20:02-9	32:48-12	38:43-12	41:37-12	50:26-12	67:37-12	75:30-11	77:01-11	78:20-11	81:54-10	84:14-10	86:42-10	89:27-10	92:48-11	95:23-11	103:05-12	111:32-12	112:32-13
02:40-9	04:01-7	13:21-10	12:46-18	05:55-10	02:54-9	08:49-10	17:11-17	07:53-11	01:31-9	01:19-13	03:34-9	02:20-18	02:28-12	02:45-11	03:21-17	02:35-15	07:42-17	08:27-16	01:00-12
00:43&	00:32#	02:41&	05:46&	02:13&	00:55&	02:57&	09:56@	03:14&	00:30&	00:23&	01:16&	01:19@	01:14@	00:44&	01:45@	01:18@	05:37@	05:28@	00:20&
13	Utskarpen, Audrun			IL GeoForm			1:52:57 +	43:18	137.30										
03:12-14	08:38-16	25:04-14	36:21-14	42:32-14	45:40-13	57:26-15	69:30-15	79:25-13	81:14-13	82:43-13	87:25-13	89:07-13	91:44-13	94:49-12	97:56-13	100:26-13	104:38-13	111:50-13	112:57-14
03:12-14	05:26-17	16:26-12	11:17-14	06:11-11	03:08-13	11:46-18	12:04-11	09:55-14	01:49-14	01:29-16	04:42-15	01:42-10	02:37-13	03:05-13	03:07-16	02:30-14	04:12-14	07:12-15	01:07-16
01:15&	01:57&	05:46&	04:17&	02:29&	01:09&	05:54@	04:49&	05:16@	00:48&	00:33&	02:24@	00:41&	01:23@	01:04&	01:31&	01:13&	02:07@	04:13@	00:27&
14	Dahlrud, Per Ole			Nydalens SK			1:53:50 +	44:11	137.00										
03:18-15	08:01-14	25:04-15	37:14-16	44:09-16	47:04-16	57:46-16	74:30-16	82:19-14	84:11-14	85:29-14	89:49-14	91:38-14	94:45-14	98:20-14	101:11-14	103:46-14	107:10-14	112:47-14	113:50-15
03:18-15	04:43-15	17:03-13	12:10-15	06:55-14	02:55-10	10:42-17	16:44-16	07:49-10	01:52-15	01:18-12	04:20-13	01:49-12	03:07-17	03:35-16	02:51-14	02:35-15	03:24-12	05:37-11	01:03-14
01:21&	01:14&	06:23&	05:10&	03:13&	00:56&	04:50&	09:29@	03:10&	00:51&	00:22&	02:02&	00:48&	01:53@	01:34&	01:15&	01:18@	01:19&	02:38&	00:23&
15	Fagerhaug, Are			IL GeoForm			1:57:04 +	47:25	135.93										
03:47-18	09:10-17	24:59-13	35:41-13	42:27-13	45:59-14	56:22-13	68:09-13	82:40-16	88:08-15	89:32-15	93:35-15	95:53-15	99:04-15	102:02-15	104:15-15	106:40-15	111:10-15	116:11-15	117:04-16
03:47-18	05:23-16	15:49-11	10:42-13	06:46-13	03:32-17	10:23-16	11:47-10	14:31-17	05:28-17	01:24-15	04:03-12	02:18-17	03:11-18	02:58-12	02:13-10	02:25-13	04:30-15	05:01-8	00:53-10
01:50&	01:54&	05:09&	03:42&	03:04&	01:33&	04:31&	04:32&	09:52@	04:27@	00:28&	01:45&	01:17@	01:57@	00:57&	00:37&	01:08&	02:25@	02:02&	00:13&
16	Hjemsæter, Olav			Privat			2:44:54 +	1:35:15	119.96										
03:30-17	24:03-19	73:38-18	81:18-18	89:34-18	92:44-19	101:44-19	114:02-18	127:24-18	128:55-18	130:11-18	146:23-18	147:55-18	149:47-18	153:13-18	155:58-17	157:15-17	160:28-17	164:09-17	164:54-19
03:30-17	20:33-19	49:35-18	07:40-4	08:16-17	03:10-14	09:00-11	12:18-13	13:22-16	01:31-9	01:16-9	16:12-18	01:32-8	01:52-9	03:26-15	02:45-13	01:17-1	03:13-9	03:41-4	00:45-6
01:33&	17:04@	38:55@	00:40+	04:34@	01:11&	03:08&	05:03&	08:43@	00:30&	00:20&	13:54@	00:31&	00						

01:25&	02:27&	21:24@	05:13&			12:04@	17:43@	02:47&	00:47&	00:47&	02:24@	01:11@	01:25@	02:04@	00:49&	04:06@	04:28@	03:04@	00:48@
DSQ Onstad, Lars				OSI			2:00:28 (-4 poster)		89.47										
02:47-10	06:56-10	27:34-16	36:33-15	43:28-15	46:57-15	56:24-14	69:26-14	82:30-15	88:54-16	90:10-16	94:39-16	96:40-16	99:42-16	102:48-16					120:28-17
02:47-10	04:09-12	20:38-16	08:59-8	06:55-14	03:29-16	09:27-13	13:02-14	13:04-15	06:24-18	01:16-9	04:29-14	02:01-14	03:02-16	03:06-14					
00:50&	00:40#	09:58&	01:59&	03:13&	01:30&	03:35&	05:47&	08:25@	05:23@	00:20&	02:11&	01:00&	01:48@	01:05&					
DSQ Onsager, Knut				IL GeoForm			1:45:37 (-14 poster)		63.16										
03:01-12	07:22-12			49:22-17	52:21-17	61:37-17													105:37-10
03:01-12	04:21-14				02:59-12	09:16-12													
01:04&	00:52#				01:00&	03:24&													

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng															
1	Wiklund, Ottar	Nydalens SK	0:54:44 + 00:00	135.92															
	03:18-12	07:24-9	16:32-5	25:58-3	33:08-1	37:39-1	38:50-1	40:45-1	42:51-1	44:48-1	46:23-1	49:27-1	53:58-1	54:44-1					
	03:18-12	04:06-5	09:08-2	09:26-2	07:10-3	04:31-1	01:11-1	01:55-6	02:06-2	01:57-5	01:35-1	03:04-6	04:31-5	00:46-1					
	00:57&	00:23#	00:19+	00:06+	00:22+	00:00=	00:00=	00:10+	00:02+	00:21#	00:00=	00:29#	00:29#	00:00=					
2	Wiklund, Eira Skaarer	Nydalens SK	0:56:49 + 02:05	135.28															
	02:33-4	06:55-5	16:29-4	26:27-4	33:28-3	39:24-3	40:50-3	42:35-3	45:04-3	46:40-3	48:39-3	51:40-2	55:59-2	56:49-2					
	02:33-4	04:22-7	09:34-3	09:58-4	07:01-2	05:56-6	01:26-5	01:45-1	02:29-3	01:36-1	01:59-5	03:01-4	04:19-3	00:50-3					
	00:12+	00:39#	00:45+	00:38+	00:13+	01:25&	00:15#	00:00=	00:25#	00:00=	00:24&	00:26#	00:17+	00:04+					
3	Henriksen, Jan Tore	Norges Bank BIL	0:57:40 + 02:56	135.03															
	02:21-1	06:15-2	15:58-2	25:45-2	33:12-2	38:37-2	39:58-2	41:51-2	44:22-2	46:06-2	47:56-2	51:47-3	56:49-3	57:40-3					
	02:21-1	03:54-4	09:43-5	09:47-3	07:27-6	05:25-3	01:21-2	01:53-5	02:31-4	01:44-2	01:50-2	03:51-16	05:02-7	00:51-4					
	00:00=	00:11+	00:54#	00:27+	00:39+	00:54#	00:10#	00:08+	00:27#	00:08+	00:15#	01:16&	01:00#	00:05#					
4	Kristiansen, Roy	Roykri travel	0:59:32 + 04:48	134.46															
	02:27-3	06:46-4	17:11-6	28:18-6	35:06-6	40:31-6	41:52-6	43:50-6	46:27-6	48:58-5	50:54-5	53:42-5	58:26-4	59:32-4					
	02:27-3	04:19-6	10:25-6	11:07-5	06:48-1	05:25-3	01:21-2	01:58-7	02:37-5	02:31-12	01:56-3	02:48-3	04:44-6	01:06-21					
	00:06+	00:36#	01:36#	01:47#	00:00=	00:54#	00:10#	00:13#	00:33&	00:55&	00:21#	00:13+	00:42#	00:20&					
5	Helland, Knut Edvard	Østmarka OK	1:00:02 + 05:18	134.31															
	02:36-5	06:25-3	16:07-3	25:27-1	34:28-4	40:01-5	41:26-4	43:26-5	46:17-5	48:16-4	50:20-4	53:24-4	59:07-5	60:02-5					
	02:36-5	03:49-3	09:42-4	09:20-1	09:01-12	05:33-5	01:25-4	02:00-8	02:51-10	01:59-7	02:04-7	03:04-6	05:43-10	00:55-9					
	00:15#	00:06+	00:33#	00:00=	02:13&	01:02#	00:14#	00:15#	00:47&	00:29&	00:29#	01:41&	00:09#						
6	Östgren, Björn Mo	IL GeoForm	1:00:29 + 05:45	134.17															
	02:22-2	06:07-1	14:56-1	26:48-5	34:53-5	40:00-4	41:28-5	43:13-4	45:17-4	51:03-6	53:01-6	55:36-6	59:41-6	60:29-6					
	02:22-2	03:45-2	08:49-1	11:52-6	08:05-7	05:07-2	01:28-6	01:45-1	02:04-1	05:46-32	01:58-4	02:35-1	04:05-2	00:48-2					
	00:01+	00:02+	00:00=	02:32&	01:17#	00:36#	00:17#	00:00=	00:00=	04:10@	00:23#	00:00=	00:03+	00:02+					
7	Takvam, Arnt Ove	Fossum IF	1:07:05 + 12:21	132.17															
	02:47-8	07:14-7	18:53-9	32:04-8	40:46-9	46:47-8	48:18-8	50:31-8	53:18-8	55:39-7	57:41-7	60:48-7	66:10-7	67:05-7					
	02:47-8	04:27-8	11:39-15	13:11-11	08:42-11	06:01-7	01:31-7	02:13-10	02:47-9	02:21-9	02:02-6	03:07-8	05:22-9	00:55-9					
	00:26#	00:44#	02:50&	03:51&	01:54&	01:30&	00:20&	00:28&	00:43&	00:45&	00:27&	00:32#	01:20&	00:09#					
8	Fismen, Britta	Fossum IF	1:09:04 + 14:20	131.57															
	02:52-9	07:23-8	18:39-8	30:42-7	39:04-7	46:01-7	47:42-7	50:08-7	53:07-7	57:29-8	59:36-8	62:46-8	67:59-8	69:04-8					
	02:52-9	04:31-10	11:16-9	12:03-7	08:22-9	06:57-11	01:41-10	02:26-14	02:59-12	04:22-28	02:07-10	03:10-9	05:13-8	01:05-20					
	00:31#	00:48#	02:27&	02:43&	01:34#	02:26&	00:30&	00:41&	00:55&	02:46@	00:32&	00:35#	01:11&	00:19&					
9	Stenerud, Helge	OL Tønsberg og omegn	1:12:38 + 17:54	130.49															
	02:55-10	07:35-10	20:03-11	32:42-10	40:49-10	48:10-9	50:38-9	52:51-9	55:56-9	58:27-9	61:03-9	65:26-9	71:39-9	72:38-9					
	02:55-10	04:40-11	12:28-18	12:39-9	08:07-8	07:21-13	02:28-24	02:13-10	03:05-15	02:31-12	02:36-17	04:23-21	06:13-13	00:59-15					
	00:34#	00:57&	03:39&	03:19&	01:19#	02:50&	01:17@	00:28&	01:01&	00:55&	01:01&	01:48&	02:11&	00:13&					
10	Goa, Kristin	IL GeoForm	1:14:31 + 19:47	129.92															
	02:37-6	07:07-6	18:31-7	41:28-22	48:51-19	55:22-15	57:22-14	59:45-14	62:26-13	64:23-13	66:35-13	69:36-12	73:38-10	74:31-10					
	02:37-6	04:30-9	11:24-11	22:57-31	07:23-4	06:31-8	02:00-13	02:23-12	02:41-7	01:57-5	02:12-11	03:01-4	04:02-1	00:53-7					
	00:16#	00:47#	02:35&	13:37@	00:35+	02:00&	00:49&	00:38&	00:37&	00:21#	00:37&	00:26#	00:00=	00:07#					
11	Madsen, Claus	Nydalen SK	1:15:37 + 20:53	129.59															
	03:17-11	09:25-20	21:38-16	35:09-12	45:03-12	53:33-11	55:21-11	57:08-11	60:28-10	62:45-11	65:08-11	67:55-10	74:39-11	75:37-11					
	03:17-11	06:08-23	12:13-16	13:31-12	09:54-17	08:30-14	01:48-11	01:47-3	03:20-20	02:17-8	02:23-15	02:47-2	06:44-16	00:58-13					
	00:56&	02:25&	03:24&	04:11&	03:06&	03:59&	00:37&	00:02+	01:16&	00:41&	00:48&	00:12+	02:42&	00:12&					

12	Benestad, Lars		IK Grane Arendal Orientering	1:16:42 + 21:58	129.26															
	03:18-13	09:12-16	22:21-21	36:42-16	47:07-14	53:40-12	55:54-12	57:45-12	60:55-11	62:44-10	65:01-10	68:11-11	75:04-12	76:42-12						
	03:18-12	05:54-19	13:09-20	14:21-14	10:25-19	06:33-9	02:14-19	01:51-4	03:10-18	01:49-3	02:17-12	03:10-9	06:53-19	01:38-29						
	00:57&	02:11&	04:20&	05:01&	03:37&	02:02&	01:03&	00:06+	01:06&	00:13#	00:42&	00:35#	02:51&	00:52@						
13	Bøe, Johanne Rognerud		Fossum IF							1:17:43 + 22:59	128.95									
	03:59-27	08:55-15	20:12-12	32:59-11	40:25-8	55:13-14	57:24-15	59:50-15	62:51-15	65:23-14	67:29-14	70:44-13	76:51-13	77:43-13						
	03:59-27	04:56-15	11:17-10	12:47-10	07:26-5	14:48-32	02:11-17	02:26-14	03:01-13	02:32-14	02:06-9	03:15-11	06:07-12	00:52-5						
	01:38&	01:13&	02:28&	03:27&	00:38+	10:17@	01:00&	00:41&	00:57&	00:56&	00:31&	00:40&	02:05&	00:06#						
14	Øhlckers, Milda		Tyrving IL							1:19:04 + 24:20	128.54									
	03:31-17	08:33-13	20:00-10	32:35-9	41:52-11	50:22-10	52:44-10	55:43-10	61:07-12	64:01-12	66:24-12	71:16-14	78:03-14	79:04-14						
	03:31-17	05:02-17	11:27-12	12:35-8	09:17-14	08:30-14	02:22-23	02:59-23	05:24-31	02:54-18	02:23-15	04:52-23	06:47-17	01:01-19						
	01:10&	01:19&	02:38&	03:15&	02:29&	03:59&	01:11@	01:14&	03:20@	01:18&	00:48&	02:17&	02:45&	00:15&						
15	Ringstad, Tor		Hedrum OL							1:19:39 + 24:55	128.37									
	03:21-15	08:05-11	21:42-18	39:16-19	48:46-18	58:09-19	59:40-18	61:41-18	64:49-18	66:40-17	68:57-18	72:53-17	78:47-17	79:39-15						
	03:21-15	04:44-12	13:37-23	17:34-20	09:30-15	09:23-20	01:31-7	02:01-9	03:08-17	01:51-4	02:17-12	03:56-17	05:54-11	00:52-5						
	01:00&	01:01&	04:48&	08:14&	02:42&	04:52@	00:20&	00:16#	01:04&	00:15#	00:42&	01:21&	01:52&	00:06#						
16	Iwe, Harald		IL GeoForm							1:19:41 + 24:57	128.36									
	05:34-30	09:17-18	20:16-13	40:48-21	49:14-20	56:28-16	58:01-16	60:29-16	63:15-16	66:51-18	68:56-16	72:33-16	78:46-16	79:41-16						
	05:34-30	03:43-1	10:59-8	20:32-28	08:26-10	07:14-12	01:33-9	02:28-16	02:46-8	03:36-25	02:05-8	03:37-14	06:13-13	00:55-9						
	03:13@	00:00=	02:10#	11:12@	01:38#	02:43&	00:22&	00:43&	00:42&	02:00@	00:30&	01:02&	02:11&	00:09#						
17	Johansen, Frode		Equinor BIL							1:20:06 + 25:22	128.23									
	03:52-24	08:53-14	21:15-14	35:54-14	45:45-13	54:47-13	56:52-13	59:30-13	62:48-14	65:34-15	68:15-15	71:56-15	78:45-15	80:06-17						
	03:52-23	05:01-16	12:22-17	14:39-15	09:51-16	09:02-16	02:05-15	02:38-18	03:18-19	02:46-17	02:41-19	03:41-15	06:49-18	01:21-24						
	01:31&	01:18&	03:33&	05:19&	03:03&	04:31@	00:54&	00:53&	01:14&	01:10&	01:06&	01:06&	02:47&	00:35&						
18	Barstad, Andreas		Årvøll IL							1:21:17 + 26:33	127.87									
	06:22-31	11:09-30	22:05-20	37:06-17	47:18-15	56:38-17	58:32-17	61:09-17	63:48-17	66:17-16	68:57-17	73:19-18	80:18-18	81:17-18						
	06:22-31	04:47-13	10:56-7	15:01-16	10:12-18	09:20-19	01:54-12	02:37-17	02:39-6	02:29-11	02:40-18	04:22-20	06:59-20	00:59-15						
	04:01@	01:04&	02:07#	05:41&	03:24&	04:49@	00:43&	00:52&	00:35&	00:53&	01:05&	01:47&	02:57&	00:13&						
19	Hultgreen, Wenche		IL Tyrving							1:23:27 + 28:43	127.22									
	03:32-19	09:30-21	22:42-22	40:08-20	49:19-21	58:31-21	60:52-20	63:45-19	67:36-20	70:32-20	73:16-20	78:12-20	82:34-19	83:27-19						
	03:32-18	05:58-22	13:12-21	17:26-19	09:11-13	09:12-17	02:21-22	02:53-21	03:51-28	02:56-20	02:44-21	04:56-24	04:22-4	00:53-7						
	01:11&	02:15&	04:23&	08:06&	02:23&	04:41@	01:10&	01:08&	01:47&	01:20&	01:09&	02:21&	00:20+	00:07#						
20	Brodin, Nils Jørgen		Byggmesterforbundet							1:26:24 + 31:40	126.32									
	03:20-14	09:59-23	21:31-15	36:33-15	47:43-16	57:57-18	59:58-19	63:59-20	66:55-19	69:33-19	72:35-19	77:51-19	84:51-20	86:24-20						
	03:20-14	06:39-27	11:32-13	15:02-17	11:10-21	10:14-24	02:01-14	04:01-29	02:56-11	02:38-15	03:02-23	05:16-25	07:00-21	01:33-28						
	00:59&	02:56&	02:43&	05:42&	04:22&	05:43@	00:50&	02:16@	00:52&	01:02&	01:27&	02:41@	02:58&	00:47@						
21	Berstad, Ella		Heming Orientering							1:27:00 + 32:16	126.14									
																				87:00-21
22	Sigurdson, Roar		Ringnes BIL							1:30:20 + 35:36	125.13									
	04:08-28	09:15-17	21:55-19	35:45-13	51:02-22	60:31-22	62:42-22	65:37-22	68:44-22	72:35-22	75:22-21	78:57-21	89:24-21	90:20-22						
	04:08-28	05:07-18	12:40-19	13:50-13	15:17-28	09:29-21	02:11-17	02:55-22	03:07-16	03:51-26	02:47-22	03:35-13	10:27-31	00:56-12						
	01:47&	01:24&	03:51&	04:30&	08:29@	04:58@	01:00&	01:10&	01:03&	02:15@	01:12&	01:00&	06:25@	00:10#						
23	Longva, Tore		VBIL							1:32:38 + 37:54	124.43									
	03:32-18	08:27-12	21:40-17	37:18-18	48:15-17	58:21-20	61:24-21	64:46-21	68:26-21	72:23-21	75:26-22	82:29-22	91:31-22	92:38-23						
	03:32-18	04:55-14	13:13-22	15:38-18	10:57-20	10:06-23	03:03-28	03:22-25	03:40-23	03:57-27	03:03-24	07:03-30	09:02-26	01:07-22						
	01:11&	01:12&	04:24&	06:18&	04:24&	05:35@	01:52@	01:37&	01:36&	02:21@	01:28&	04:28@	05:00@	00:21&						
24	Karlsen, Stig Hultgreen		IL GeoForm							1:34:25 + 39:41	123.89									
																				94:25-24
25	Sauar, Brita Opheim		Statoil Oslo BIL							1:37:01 + 42:17	123.10									
	02:45-7	17:59-33	29:34-31	47:48-28	63:28-30	70:23-26	72:33-27	74:56-26	78:00-23	83:16-26	85:33-24	89:36-23	96:03-23	97:01-25						
	02:45-7	15:14-33	11:35-14	18:14-22	15:40-29	06:55-10	02:10-16	02:23-12	03:04-14	05:16-30	02:17-12	04:03-18	06:27-15	00:58-13						
	00:24#	11:31@	02:46&	08:54&	08:52@	02:24&	00:59&	00:38&	01:00&	03:40@	00:42&	01:28&	02:25&	00:12&						
26	Skyttersæter, Toini		Konnerud IL							1:44:01 + 49:17	120.98									
	03:46-22	10:45-26	25:02-26	43:24-24	58:37-25	68:34-23	71:19-23	74:52-24	78:40-25	82:02-24	85:22-23	92:28-25	101:41-25	104:01-26						
	03:46-22	06:59-29	14:17-27	18:22-25	15:13-27	09:57-22	02:45-26	03:33-28	03:48-25	03:22-23	03:20-29	07:06-31	09:13-28	02:20-32						
	01:25&	03:16&	05:28&	09:02&	08:25@	05:26@	01:34@	01:48@	01:44&	01:46@	01:45@	04:31@	05:11@	01:34@						

27	Skyttersæter, Gøril	Konnerud IF	1:44:06 + 49:22	120.96
	03:55-26 10:57-28 25:22-28	43:35-26 58:29-24 69:03-24	71:39-25 75:09-27 78:58-27	82:19-25 85:41-25 92:48-26 102:12-26 104:06-27
	03:55-26 07:02-30 14:25-29	18:13-21 14:54-25 10:34-26	02:36-25 03:30-27 03:49-26	03:21-22 03:22-30 07:07-32 09:24-29 01:54-31
	01:34& 03:19& 05:36&	08:53& 08:06@ 06:03@	01:25@ 01:45@ 01:45&	01:45@ 01:47@ 04:32@ 05:22@ 01:08@
28	Skyttersæter, Runa	Heming Orientering	1:44:15 + 49:31	120.91
	03:52-23 10:57-27 25:12-27	43:27-25 58:23-23	71:27-24 74:56-25 78:45-26	81:56-23 85:47-26 92:03-24 101:37-24 104:15-28
	03:52-23 07:05-31 14:15-26	18:15-23 14:56-26	03:29-26 03:49-26	03:11-21 03:51-32 06:16-27 09:34-30 02:38-33
	01:31& 03:22& 05:26&	08:55& 08:08@	01:44& 01:45&	01:35& 02:16@ 03:41@ 05:32@ 01:52@
29	Szlendak, Joanna	Papo	1:44:32 + 49:48	120.83
	03:28-16 09:24-19 26:01-29	47:12-27 63:22-29 73:39-27	75:53-28 78:35-28 86:33-29	88:54-28 92:01-28 95:29-28 103:10-27 104:32-29
	03:28-16 05:56-20 16:37-30	21:11-29 16:10-30 10:17-25	02:14-19 02:42-20 07:58-33	02:21-9 03:07-26 03:28-12 07:41-24 01:22-26
	01:07& 02:13& 07:48&	11:51@ 09:22@ 05:46@	01:03& 00:57& 05:54@	00:45& 01:32& 00:53& 03:39& 00:36&
30	Tho, Kjersti	Stabæk IF	1:46:45 + 52:01	120.16
	03:33-20 09:30-22 23:41-23	43:01-23 60:43-26 69:55-25	72:10-26 74:50-23 78:36-24	87:38-27 90:21-27 94:40-27 105:07-28 106:45-30
	03:33-20 05:57-21 14:11-25	19:20-27 17:42-31 09:12-17	02:15-21 02:40-19 03:46-24	09:02-33 02:43-20 04:19-19 10:27-31 01:38-29
	01:12& 02:14& 05:22&	10:00@ 10:54@ 04:41@	01:04& 00:55& 01:42&	07:26@ 01:08& 01:44& 06:25@ 00:52@
31	Hjelm, Morten	VBIL	1:49:44 + 55:00	119.25
	03:38-21 11:04-29 28:11-30	49:38-29 62:50-27 76:14-30	79:22-31 83:41-31 87:59-30	91:33-29 94:41-29 99:20-29 108:23-29 109:44-31
	03:38-21 07:26-32 17:07-31	21:27-30 13:12-23 13:24-31	03:08-30 04:19-30 04:18-30	03:34-24 03:08-27 04:39-22 09:03-27 01:21-24
	01:17& 03:43@ 08:18&	12:07@ 06:24& 08:53@	01:57@ 02:34@ 02:14@	01:58@ 01:33& 02:04& 05:01@ 00:35&
32	Øhickers, Per	Tyrving IL	1:50:32 + 55:48	119.01
	03:52-25 10:31-24 24:39-24	50:48-30 64:40-31 75:41-29	78:45-30 82:02-30 88:15-31	92:37-31 95:41-31 101:50-31 109:05-30 110:32-32
	03:52-23 06:39-27 14:08-24	26:09-32 13:52-24 11:01-27	03:04-29 03:17-24 06:13-32	04:22-28 03:04-25 06:09-26 07:15-22 01:27-27
	01:31& 02:56& 05:19&	16:49@ 07:04@ 06:30@	01:53@ 01:32& 04:09@	02:46@ 01:29& 03:34@ 03:13& 00:41&
33	Berstad, Paula	Heming Orientering	1:53:14 + 58:30	118.19
	04:15-29 10:37-25 25:01-25	51:19-31 63:16-28 74:28-28	77:18-29 82:00-29 85:55-28	91:34-30 94:46-30 101:18-30 111:58-31 113:14-33
	04:15-29 06:22-26 14:24-28	26:18-33 11:57-22 11:12-28	02:50-27 04:42-33 03:55-29	05:39-31 03:12-28 06:32-28 10:40-33 01:16-23
	01:54& 02:39& 05:35&	16:58@ 05:09& 06:41@	01:39@ 02:57@ 01:51&	04:03@ 01:37@ 03:57@ 06:38@ 00:30&
34	Bratsberg, Bo	Privat	2:03:00 +1:08:16	115.23
	09:03-33 15:13-31 34:14-32	52:36-33 77:08-32 88:56-32	92:53-32 97:14-32 100:41-33	103:19-32 107:15-32 114:37-33 122:00-32 123:00-34
	09:03-33 06:10-24 19:01-33	18:22-25 24:32-32 11:48-30	03:57-31 04:21-31 03:27-22	02:38-15 03:56-33 07:22-33 07:23-23 01:00-18
	06:42@ 02:27& 10:12@	09:02& 17:44@ 07:17@	02:46@ 02:36@ 01:23&	01:02& 02:21@ 04:47@ 03:21& 00:14&
35	Broadwell, Sharon	IL GeoForm	2:03:14 +1:08:30	115.16
	09:02-32 15:14-32 34:14-33	52:34-32 77:29-33 88:55-31	92:56-33 97:20-33 100:40-32	103:35-33 107:21-33 114:01-32 122:15-33 123:14-35
	09:02-32 06:12-25 19:00-32	18:20-24 24:55-33 11:26-29	04:01-32 04:24-32 03:20-20	02:55-19 03:46-31 06:40-29 08:14-25 00:59-15
	06:41@ 02:29& 10:11@	09:00& 18:07@ 06:55@	02:50@ 02:39@ 01:16&	01:19& 02:11@ 04:05@ 04:12@ 00:13&
DSQ	Grønseth, Hildegunn	Fossum IF	3:08:36 (-9 poster)	65.38
	12:51-35 33:53-34 60:19-34	97:34-34		188:36-36
	12:51-35 21:02-34 26:26-34	37:15-34		
	10:30@ 17:19@ 17:37@	27:55@		
DSQ	Haug, Elisabeth	Statnett BIL	3:08:50 (-9 poster)	65.38
	12:49-34 34:01-35 60:35-35	101:01-35		188:50-37
	12:49-34 21:12-35 26:34-35	40:26-35		
	10:28@ 17:29@ 17:45@	31:06@		

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:23:42 + 00:00	122.56
	02:46-1 07:47-1 10:16-1	12:39-1 14:11-1 15:55-1	19:27-1 20:58-1 22:39-1	23:42-1
	02:46-1 05:01-1 02:29-2	02:23-1 01:32-1 01:44-1	03:32-1 01:31-1 01:41-1	01:03-1
	00:00= 00:00= 00:06+	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	00:00=
2	Arnesen, Per Arne	Nordre Follo Orientering	0:32:42 + 09:00	119.74
	03:20-2 08:34-2 10:57-2	13:26-2 15:37-2 17:54-2	25:57-2 28:49-2 31:08-2	32:42-2
	03:20-2 05:14-3 02:23-1	02:29-2 02:11-6 02:17-7	08:03-3 02:52-7 02:19-4	01:34-5
	00:34# 00:13+ 00:00=	00:06+ 00:39& 00:33&	04:31@ 01:21& 00:38&	00:31&
3	Flemming, Øystein	Årvoll IL	0:33:46 + 10:04	119.40

